

Quick Guide to Combat Hunger in Your Community Today

In the wake of the COVID-19 pandemic and resulting economic downturn, more and more families are experiencing poverty. The result is increased food insecurity, homelessness, educational disruption, and more. The problems may seem overwhelming, and in deed are too much for one person or family to address alone. However there are concrete, doable steps we can all take to help our friends, neighbors, and community members. Print, email, and share this guide with families you know. Thank you for making a difference!

Do a sweep through your pantry for nonperishable food items you can donate to a food bank. Collect the items and store them in a box next to your front door. The next time you leave home, take the donations with you to drop off at the appropriate location.

Pray about it. Ask God to alleviate hunger in your community. Ask him to provide jobs and healing. Ask God to show you specific ways you can help. Thank him for always being in control, even when things feel out of control.

Check in with your neighbors. Make a call, drop a note, send a text. Ask if they're doing okay, if you can help in any way, and if they have plenty to eat. Find ways to connect those in need with food banks and food delivery services if possible.

Have children check in with their friends. Encourage your children to ask their friends if they have everything they need. Children are often more forthcoming than adults about needs. If you hear that a child's family is in need, consider dropping off a box of food items or finding a way to connect the family with food banks or food delivery services.

Make a donation. The pandemic has forced almost every aspect of daily life online, and that includes the ability to donate to food bands and community kitchens. Consider making a donation today to support those in need.

***If your family is experiencing food insecurity, go to Feeding America (<https://www.feedingamerica.org/need-help-find-food>). This organization can put you in touch with a local organization providing food and other supplies. Know that you are loved and prayed for.